

For further information on type 1 diabetes, you may the following resources of interest:

1. Join local Dorset type 1 Diabetes Facebook page at:

<https://www.facebook.com/DorsetT1D>

2. Diabetes UK. Leading charity providing information and support:

<https://www.diabetes.org.uk/diabetes-the-basics/what-is-type-1-diabetes>

https://www.diabetes.org.uk/about_us/news/news-search-results

3. For short video clips demonstrating insulin injection technique, how to do a blood glucose level etc link to:

<https://www.nhs.uk/conditions/type-1-diabetes/newly-diagnosed-things-to-help/>

<https://www.nhs.uk/conditions/type-1-diabetes/about-insulin/>

<https://www.nhs.uk/conditions/type-1-diabetes/>

4. Managing illness with type 1 diabetes:

<http://www.b-dec.co.uk/> - click on 'find out about our diabetes service' link - 'Managing illness with Type 1 Diabetes - COVID 19.'

5. Diabetes UK Type 1 diabetes education programme. This resource has lots of useful information to help understand and manage your diabetes: BERTIE Online

<https://www.bertieonline.org.uk/>

6. Research charity JDRF also provided information and support for people with diabetes, their friends and relatives:

<https://jdrf.org.uk/>

7. Introduction to a wide range of resources and support available online:

<https://www.t1resources.uk/home/>